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metro LONDON MATTERS

RATED M FOR 'MEH'

LONDONERS ARE OK WITH THEIR ELECTED POLITICIANS, BUT ONLY BARELY, SURVEY SAYS PAGE 4

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We really DIG this conference

'Silicon Alley.' Some 1,400 techies expected in London today for video game, web confab

JOHN MATISZ
john.matisz@metronews.ca

The region's top tech minds are converging on the Forest City on Wednesday to talk games and all things digital, as the fifth-annual DIG London gets underway. And it promises to be a productive 12-plus hours at the London Convention Centre.

Some 1,400 people from the video-game and web-development industries are expected at this year's DIG (Digital Interactive & Gaming), a purposeful mix of business and pleasure, with workshops, exhibitors and plenty of chances to network.

"I think everybody is interested in learning what other people's opinions are in regards to where technology is going, what the market looks like, etc.," said Larry MacKinnon, director of business development and technology at the London Economic Development Corp., one of the organizers of the event.

The conference has grown substantially since the launch in 2008, when fewer than 500 people took part. Since then, it's become a regional gathering, attracting hundreds from outside the city.

What has also increased is the focus on post-secondary students, so much so that the schedule is split into three categories: Web, video game and student.

"It's about mingling with other developers in London. Students, too," said Shawn Adamsson, vice-president of operations at rtraction, a local web-design company. "We have co-ops in here almost all year — and interns — so it's good to get to know them."

Headlining the speaker list is Don Daglow, a video-game expert whom many believe is a trendsetter in the industry. A talk by journalist Carmi Levy, titled "London? Silicon Alley? Believe it," is also on tap.

DIG London

- **What:** Video game and web-development conference
- **When:** Wednesday (7:30 a.m. to 8 p.m.)*
- **Where:** London Convention Centre (300 York St.)
- **Web:** diglondon.ca
- **Where:** London Convention Centre (300 York St.)

*Registration closes on Wednesday morning.

Shannon Gallagher, 26, left, a digital-marketing specialist with local tech firm rtraction, and Josh Dow, 39, the company's vice-president of quality assurance, show off DIG London's website. JOHN MATISZ/METRO

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NEWS 1

BBC doc shows brain injury breakthrough at Western

Work with patients.
University researchers take medical spotlight

ANGELA MULLINS
angela.mullins@metronews.ca

A team of Western University neuroscientists are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

London's Scott Routley, a 39-year-old with brain trauma from a motor vehicle accident victim, has quickly become the medical discovery's best example.

Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain. The message — considered the first of its kind from a patient like Routley — was conveyed this summer through an MRI scan of his brain, explained researcher Dr. Damian Cruse.

Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"We ask them to imagine playing tennis and imagine walking around their house," Cruse said. "Two very different parts of the brain light up" during an MRI.

This summer, while being followed by a BBC documentary team, doctors turned the imagination game into a real-life communication tool.

"What we've done is say, 'If you want to answer yes to this question, imagine that you're playing tennis. If you want to say no, imagine that you're walking around you're home,'" Cruse said.

Routley imagined walking around his home after asked if he felt pain — a solid "no" response, doctors say.

"The exciting thing that we've been able to do is start asking clinically relevant questions," Cruse said, something that will allow doctors to understand more about their patients and lead to better care.

"Before, we only asked patients questions we knew the answers to, like if he had brothers or sisters."

For more than a decade, Scott Routley has been living in a vegetative state. He can't talk. He can't move. And although his eyes are open, no one is sure whether he can see. But now, for the first time, doctors caring for the 39-year-old London man say they know he's not in pain. HO/BBC.CO.UK/PANORAM

At a glance

- The BBC's Panorama program filmed Western University researchers and neuroscientists for a documentary that followed vegetative patients in Britain and Canada for more than a year.
- It aired Tuesday.

Get ready for Superdogs Sunday

Superdogs crew member Amy White, 37, of Ashburn, offers a treat to her canine friend Groove during a demonstration at Jubilee Square in front of Budweiser Gardens on Tuesday. The Superdogs are in town for a show this Sunday afternoon. Tickets are available through the Budweiser Gardens box office and BudweiserGardens.com. JOHN MATISZ/METRO

Making a difference

Pillar names community 'innovators'

One individual and three organizations received Pillar Community Innovation Awards Tuesday. The awards, handed out by the Pillar Nonprofit Network, celebrate those building a better community.

Art for AIDS International, a program that helps women and children affected by HIV and AIDS, earned top honours in the Community Innovation category.

Will Graham, owner of Neon Crab Tattoos and Piercings, was recognized in the Community Leadership field for his revitalization work in the Kipps Lane neighbourhood. The London InterCommunity Health Centre received the Community Impact award for working with people who have barriers to medical care.

Gerontology In Practice, a community-service learning course, received top billing in the Community Collaboration category. METRO

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IABC Canada

ON wins second Silver Leaf Award

London-based ON Communication Inc. has won its second Silver Leaf Award from the International Association of Business Communicators Canada. The national award recognizes excellence in business communication. METRO

Contessa

Hairdresser given provincial honour

Stylist Lisa Sallabank of Salon Entrenous (579 Richmond St.) was named Ontario Hair Stylist of the Year at Salon Magazine's Contessa Awards Show in Toronto on Sunday night.

Entrenous stylist Julie Vriesinga was a finalist in

Lisa Sallabank METRO

the Canadian Colourist of the Year category. METRO

Children's Health

Foundation gets $50K donation

Holcim (Canada) Inc. has presented the Children's Health Foundation with a cheque for $50,000. As part of the ready-mix concrete drum sponsorship program, Holcim Canada will match every donation made until Dec. 31. METRO

Tickets on sale Friday

Rock of Ages coming to Bud Gardens

A production of the musical smash Rock of Ages is coming to the RBC Theatre at Budweiser Gardens on Feb. 13. Tickets for the feel-good rock 'n' roll love story go on sale Friday at 10 a.m. METRO

Ontario leadership

Hoskins enters Liberal race

Eric Hoskins is the latest former cabinet minister who's running to succeed Dalton McGuinty as leader of the Ontario Liberals. The former minister of children and youth services said the Liberal government has made mistakes. METRO

Orgaworld in search of common ground

Odour complaints. Company invites anyone concerned to come have a sniff for themselves

ANGELA MULLINS
angela.mullins@metronews.ca

Complaints about a stench flowing out of a south London organic-waste processing facility are coming from a vocal minority of nearby homeowners, company spokesman Dale Harley says.

"They've entrenched themselves on a position (that) unless it is zero-odour it's not tolerable," Harley told Metro.

The biggest issue stems from exactly what people were told as the facility prepared to open in 2007.

Some nearby residents say they were told the plant would have no odour. Orgaworld says that isn't the case and has apologized if there was a misunderstanding

The fact is, Harley says, the plant can't operate without emitting some smells. The guarantee, he said, is that the odour won't be "adverse."

"We want to work with the neighbours," he said. "We've been trying to work with the neighbours."

Orgaworld shut down operations in 2010 and spent $5 million to beef up its odour-abatement systems. Odour complaints to the Ministry of Environment reached a near record low in 2011 and spiked again this summer as nearby residents issued a call to action.

Or, as Orgaworld put it in a recent letter to city politicians, "an organized campaign to increase complaints."

If anything, the plant's performance is improving, Harley says. "We're just trying to find a way to get everyone to cool down."

Their side

After complaints about a stench from its London plant spiked, Orgaworld hired a company to test the air.

- **Culprit.** Between Sept. 22 and Oct. 21, 2012, the company detected an odour on 138 instances. Orgaworld was deemed the culprit in 48 per cent of the cases, they claim.
- **Complaints.** Between October 2010 and the end of July 2012, 71 per cent of complaints Orgaworld received came from just six households.

Tuning the next generation

Orchestra London concertmaster Joseph Lanza performs alongside Emily Rutkevich, a Grade 11 student at Sir Wilfrid Laurier Secondary School, during a Tuesday concert at Saunders school. The performance was part of Honour Strings, a program that pairs Orchestra London musicians with local high school musicians. The program, marking its fourth year, was created by Saunders teacher Mitch Tyler. ANGELA MULLINS/METRO

150 jobs lost. Transcom closing London operation

It's devastating news for dozens of employees at Transcom in London, weeks before the holiday season.

The downtown call centre has announced it will be shutting down early in the new year, a move that will leave nearly 150 people in London without a job.

Employees who spoke to AM980 say the decision was blamed on the loss of a key contract from the Philippines. Transcom arrived in London back in 2008, moving into a 6,200 sq. ft. facility on Fullarton Street.

AM980/AM980.CA

Porsche crash. Traffic investigation continues

Eyewitness accounts are helping to paint a shocking picture of what happened on Highbury Avenue on Monday when a Porsche was involved in two separate crashes.

The mayhem started at the intersection of Highbury and Oxford where the Porsche was involved in a minor crash, then took off, driving through a nearby soccer field.

Moments later, the Porsche ran a red light and struck a Chrysler 300 at the intersection of Dundas and Highbury.

The impact sent the Porsche airborne.

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Higher taxes may not be so bad, survey says

More than two-thirds of London Matters respondents say they would be OK with a slight tax hike for road repair. MARK SPOWART/FOR METRO

Budget season is less than a month away and that means plenty of debate at city hall about the merits of freezing property taxes again next year.

Regardless of which way the pendulum swings, the London Matters survey suggests politicians — several of whom campaigned on a tax-freeze promise — won't be chalking up a big victory in voters' eyes.

Only two percentage points separate Londoners on the tax issue. Forty-nine per cent consider a freeze important, while 47 per cent say it's not a big deal.

Of the same respondents, 67 per cent say they would support a two per cent tax hike if it went toward road repair, snow removal and park maintenance.

The older people get, the more willing they are to pay up, the survey shows. Fifty-six per cent of 18- to 34-year-olds favour the freeze, compared to 52 per cent of people 35 to 44, and 50 per cent of 45- to 54-year-olds. Only 40 per cent of people 55 and older say they consider the freeze important.

Matt Ross, 24, of London, says he understands why some people don't mind paying more. For the Western University student, higher taxes are worth the reward.

"Long term, it's not fiscally responsible," he said about another tax freeze. "It's not sustainable to do this when you need to pay for infrastructure" and services. ANGELA MULLINS/METRO

London Matters: City's elected officials doing only so-so job

Part 3 in a five-part series. Londoners OK with council and mayor, but only just

ANGELA MULLINS
angela.mullins@metronews.ca

Not good, not bad. That just about sums up the way 503 people rated their satisfaction with London city council.

Politicians scored an average of 5.3 on a 10-point scale, with 10 considered "completely satisfied." Twenty-three per cent gave councillors a six, slightly above average. One per cent said they're "completely satisfied," while five per cent came in as "completely unsatisfied."

Mayor Joe Fontana
METRO FILE

To their credit, several councillors have held true to election promises such as freezing taxes, and that could carry a lot of weight with some voters.

"People are doing what they said they were going to do," said Eamon O'Flynn, a local politics watcher with a master's in political science. "You're not going to see people upset that (councillors are) following through."

Plus, most problems that crop up on London council are "behavioural" issues, O'Flynn said. Politicians' actions — not their decisions — have been making the most waves recently.

"They're not doing stuff that's wildly out of character or things councils shouldn't do — it's how they're doing it," he said.

"Personally," he added, "I wonder how well-informed the entire city is. If you're not hearing about terrible things happening, you might say your politician is doing a good job" if you didn't know any better.

Londoners also gave Mayor Joe Fontana a lukewarm ranking — an average of 5.3 out of 10. The survey — taken as news broke that Fontana was being investigated by the RCMP for misusing taxpayer dollars — showed 19 per cent of people have a satisfaction level of eight or higher with the mayor. Most people — 17 per cent — gave him a seven.

If nothing else, the results should be a wake-up call for Londoners to expect more from their civic leaders, O'Flynn said. "If Coca-Cola had 50 per cent of people say, 'We're OK with your product,' they would do something about that. If council saw that number, my hope would be, as a group, they'd say that's not acceptable."

Respondents to Metro's London Matters survey give city council only a lukewarm satisfaction rating. One council watcher called the results a wake-up call. ANGELA MULLINS/METRO

Council priorities

For Londoners, it's safety first

Asked how politicians should prioritize seven areas, 23 per cent of respondents in the London Matters survey say public safety and lowering the crime rate should be council's "highest priority," with 59 per cent giving it a score of eight, nine or 10 on a 10-point scale.

Encouraging university and college students to stay in London after graduation comes in second, with 13 per cent naming that the "highest priority."

Of lesser concern is downtown revitalizing, developing the city's east side and improving public transit.

Freezing taxes and growing the Highway 401 corridor should be at the bottom of council's priority list, respondents said.

ANGELA MULLINS/METRO

503

The number of Londoners who responded to the survey, conducted by MQO Research from Oct. 15 to 23 (212 men, 291 women). The margin of error is plus or minus four percentage points.

Not Fontana fans

20% Respondents aged 45 to 54 who said their impression of Mayor Joe Fontana had worsened greatly in the past year, the highest of any age group. The percentages of other age groups that gave Fontana the lowest rating: 17 (age 55-plus); 10 (18-34); 5 (35-44).

Tough crowd

0 The number of people aged 35 and older who gave city council a 9 or 10 rating, with 10 being "completely satisfied." There were 179 people aged 35 and older who responded to the London Matters survey.

Retain the freeze

Maintaining the property-tax freeze was key for the 18-to-34 age group, with 56% of 116 people saying it was important. Overall, the tax freeze was important to 52% of the 212 men surveyed. Less than half of the 291 women asked felt that way: 46%.

Keep students here

45% It was important for those aged 18 to 34 to keep graduates in London, with 45% giving it a Top 3 ranking.

49% But that wasn't as high as those 55 and older, 49% of whom placed keeping students here in their Top 3.

Coming on Thursday

All roads that lead through London:

- Citizens told us what they think about the London Transit Commission, the worst traffic areas and what the future holds for the daily commute in the Forest City.
- You can also follow the series at metronews.ca.

Knights' win streak brings back memories of last year's successes

OHL. Club starting to look like champs again

JOHN MATISZ
john.matisz@metronews.ca

For the first time this season, the 2012-13 London Knights resemble the 2011-12 London Knights.

Stellar goaltending is a hallmark. Penalty-killers are doing their job swimmingly. Secondary scorers are finding the back of the net.

It all climaxed this past weekend, as the upstart Knights were the victors in three straight games to extend their winning streak to five.

"The feeling going into games last year, we knew we were going to win. When we were in that kind of tough start this season, we didn't have that same mentality," said London defenceman Tyler Ferry, one of three overage players on the team. "(After this weekend), everyone is starting to feel that we're going to win, and (thinking about) how much we're going to win by. It's good to have that confidence."

It's not as if London played poorly before the surge. But they simply were not dominant, and didn't look like a defending Ontario Hockey League champ.

Knights assistant coach Dylan Hunter finds it easy to compare the club's current state with a stretch early last season.

"In late October, when we put a (7-1 record)," said Hunter, when asked to pinpoint the breakout period in last year's schedule. "Because, at that time, we were still trying to feel things out. Obviously, (goaltender Michael Houser) was good, but we didn't know how good. And it began to fall into place."

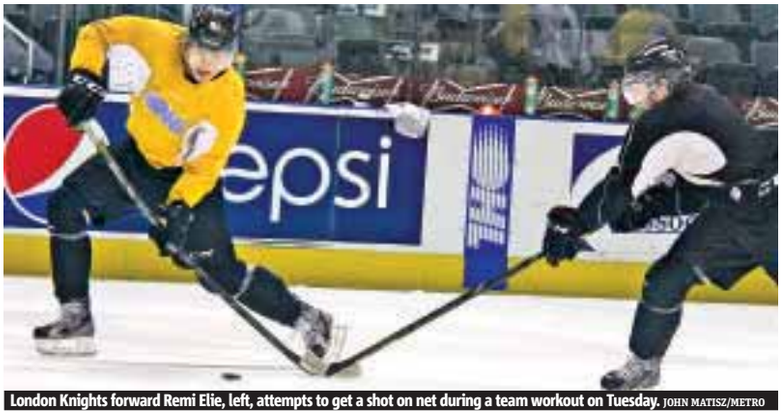
The 2012-13 streak — which has seen London manhandle formidable opponents like Plymouth, Guelph, and Belleville, winning by a combined score of 12-3 — is a possible turning point, Hunter says.

If that is indeed the case, Matt Rupert is the man behind the wheel.

In his last three games, the sophomore winger from Grand Bend has collected seven points, including a natural hat trick on Saturday. In 17 games previously, he picked up eight points.

Rupert's twin, Toronto Maple Leafs draft pick Ryan Rupert, is still out with a shoulder injury.

Though the banged-up brother practised in full equipment on Tuesday, he's still not ready for body contact. Hunter says Ryan, who is goalless this season, will "probably not" play this coming weekend.



London Knights forward Remi Elie, left, attempts to get a shot on net during a team workout on Tuesday. JOHN MATISZ/METRO

After 20 games

2011-12 Knights	2012-13 Knights
• **Record:** 17-2-0-1	• **Record:** 13-5-0-2
• **Top scorer:** Seth Griffith (27 points)	• **Top scorer:** Seth Griffith (31 points)
• **Biggest moral victory:** 7-3 over Niagara on the road (Oct. 6)	• **Biggest moral victory:** 5-0 over Plymouth on the road (Nov. 10)

2013-14 season

NBL to grow by 1

Ottawa's bid to launch a team has been approved by the National Basketball League of Canada, officials announced Tuesday. METRO

Hospital association

Winners named

London Health Sciences Centre announced that two members of its leadership team won awards at the recent HealthAchieve conference. Dave Crockett won the Individual Leadership Award. Vanessa Burkoski was awarded the Margret Comack National Award of Excellence in Nursing Leadership. METRO

St. Thomas

Arrest made in poppy-box theft

St. Thomas police have a 24-year-old suspect in custody after a poppy donation box was allegedly stolen on Sunday. Brooks Ferris of St. Thomas has been charged with theft under $5,000 and breaching probation. AM980/AM980.CA

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Heritage Place
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Lime Ridge Mall
Lynden Park Mall
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Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Doctor fees

Province to add $100 million to OMA agreement

Ontario's cash-strapped government reversed some earlier fee cuts that were supposed to save $340 million a year to reach a new agreement with the province's doctors, Health Minister Deb Matthews announced Tuesday.

The tentative fee agreement with the Ontario Medical Association, worth $11.1 billion a year, adds $100 million to the total compensation package for doctors but includes savings in other areas to completely offset the increase, added Matthews.

"I'm very, very pleased that we were able to sit down with the OMA and really work with them in a very serious, deliberate fashion to meet our fiscal mandate,'' she told reporters.

The OMA had launched a court challenge of the fee cuts announced last spring, but said Tuesday it was pleased the government agreed to reverse some of those cuts.

THE CANADIAN PRESS

Jobs and economy leading local agenda, Liberal candidate says

Taking on the issues. Southwest Ontario speaks loud and clear as Liberal leadership candidate Alex Burton makes a tour stop

People are sending a strong message as the first of what's likely to be several federal Liberal leadership hopefuls makes his way through Southwest Ontario.

Job creation and a strengthened economy are the two main issues driving locals with an eye on the race, Alex Burton said.

Forest City reactions during a meet and greet this week made it clear that "London has been hit hard," said Burton, a Vancouver crown attorney.

Fixing that, he said, will require co-operation among all levels of government and doing more than offering short-term programs aimed at getting people back on their feet.

Everything from restructuring tax policy to reducing government debt is needed to create a "culture of entrepreneurialism" that makes corporations eager to invest.

Canada's "mono-economic policy" of pulling materials from the ground and "selling it overseas" is not good enough, he said.

"We need to recognize that there is a role for federal government (when it comes to) investing in education and job-training programs."

Burton's Ontario stops came as part of his cross-country tour that started last month in Vancouver, made its way to Atlantic Canada and is headed back west.

The five-month long Liberal leadership contest — which officially starts Wednesday — is getting crowded already. The party will announce the winner on April 14.

Montreal MP Justin Trudeau, considered the front-runner by many, spent Tuesday in Toronto and was headed to Durham on Wednesday. The London area is expected to be on his schedule at some point, but not within the next two weeks, a campaign official said.

ANGELA MULLINS/METRO

Liberal leadership

The following people have either confirmed or are expected to enter the federal Liberal leadership race:

- Former Toronto MP Martha Hall Findlay
- Montreal MP Justin Trudeau
- Vancouver MP Joyce Murray
- Ottawa lawyer David Bertschi
- Ontario government economist Jonathan Mousley
- Retired Canadian Forces Lt.-Col. Karen McCrimmon
- Vancouver Crown prosecutor Alex Burton

Vancouver crown attorney Alex Burton is one of the candidates running in the federal Liberal leadership race. CONTRIBUTED

They failed to die for their cause, now they tell all

Suicide bombers. Former top Israeli intelligence officer persuades them to reveal why they volunteered to kill

GRAHAM LANKTREE
Metro in Ottawa

What makes a suicide bomber?

Former top Israeli intelligence officer Yoram Schweitzer decided to find out.

For two and a half years, he interviewed would-be bombers whose missions failed.

Many, both men and women, don't consider themselves suicide bombers, but soldiers, he told students and faculty at Carleton University ahead of a talk at the University of Ottawa's Centre for International Policy Studies.

Quoted

"I really wanted to listen to what they had to say. To have it coming from their mouth and listen to how they articulated their arguments and motivations."

Yoram Schweitzer,
One-time head of the Israeli Defence Forces' Counter International Terror Section.

"Most of them are not suicidal," he said.

"They perceive themselves to be soldiers in their own way. This was the easiest thing to do, in a sense, to press a button.

"Many are not part of the terrorist organizations, they just volunteer for the mission."

Were the would-be bombers disappointed by the failure of their missions? Schweitzer wondered.

"They themselves told me that it was God's decision," he said.

"They said, 'I was ready to sacrifice myself, I knew the risks. If God decided that I'm still here, then I'm here.'"

Schweitzer went on: "Some of their stories are quite touching. As more time went on, I could listen and try to understand the mindset of a terrorist.

"This phenomenon of suicide terrorism seems to be very individual at the end of the day."

Israel was hit by more than 60 suicide bombings in 2002. But since that spike, casualties inside the country have been brought down to nearly zero — a feat accomplished largely through information sharing between different Israeli military organizations, Schweitzer said.

Mud, glorious mud ... not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful' claim

Mr. Elmo's teen accuser recants

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The whirlwind episode began Monday, when Sesame Workshop — which produces Sesame Street — announced that Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16 year old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay.

THE ASSOCIATED PRESS

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Modern-day Rasputin jailed

France. Swindler gets eight years for brainwashing French aristocratic family into handing over their fortune and home

A man described as a modern-day Rasputin was convicted Tuesday of brainwashing three generations of an aristocratic French family for nearly a decade, swindling them of their fortune and their turreted manor.

Thierry Tilly, who was sentenced to eight years in prison by a court in Bordeaux, became a confidante of the landed Vedrines family in 2000. Over nine years, the man who local media dubbed "the guru" manipulated the family of 11 — aged from 16 to 89 — into believing there was a secret masonic plot against their lives, according to court testimony.

Family members were so convinced of his story that they locked themselves inside their chateau for several years, terrified they would be killed. They sold their possessions — including the family manor — and handed over $5.7 million US.

The case raised echoes of the trial involving France's richest woman, 90-year-old L'Oreal heiress Liliane Bettencourt, who was swindled by a French tax lawyer into handing over a private Seychelles island to him.

THE ASSOCIATED PRESS

Moving on

"The trial is behind us and we will do everything to rebuild."

Christine de Vedrines, a family member who had alerted police to Thierry Tilly

Christine de Vedrines, centre, and Philippe de Vedrines, right, leave the Bordeaux court in France Tuesday. Thierry Tilly, an alleged modern-day Rasputin, has been convicted of swindling the aristocratic French family of their fortune and their turreted manor. THE ASSOCIATED PRESS

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Belize. McAfee software founder denies role in neighbour's death

Software company founder John McAfee is denying any role in the slaying of his neighbour on a Caribbean island, according to an online article posted for Wired magazine.

Wired said McAfee called a reporter on Monday to say he was hiding from police who want to question him about the death of 52-year-old Gregory Viant Faull, whose body was found on Sunday. He is quoted as saying police would kill him if they find him.

McAfee said he saw police coming on Sunday and hid, burying himself in the sand and putting a cardboard box over his head so he could breathe, according to the article.

McAfee reportedly said that whoever shot Faull may have been gunning for him instead and mistakenly killed his neighbour.

Faull was found with a gunshot wound to his head inside his two-storey home north of San Pedro, a town on the island of Ambergris Caye, said Raphael Martinez, spokesman for Belize's Ministry of National Security. The housekeeper discovered the body Sunday morning and called police.

Software company founder John McAfee YOUTUBE

Martinez said that no charges had been filed in the case.

Belize police said Tuesday that McAfee, 67, remains a "person of interest" in the death of Faull, not a suspect, and that he is being sought for routine questioning. They believe he is still in Belize, but they have also contacted authorities in Mexico and Guatemala, which border Belize, for help in locating McAfee.

McAfee sold his stake in the anti-virus software company that is named for him in the early 1990s and moved to Belize about three years ago to lower his taxes.

THE ASSOCIATED PRESS

United Arab Emirates

Gulf state cracks down on online activism

The United Arab Emirates set stricter Internet monitoring and enforcement codes Tuesday that include wider leeway to crack down on web activists for offences such as mocking the rulers or calling for demonstrations.

This month, a Bahraini man was jailed for six months on charges of insulting the king in Twitter posts. In September, a journalist-blogger in Oman received a one-year prison term for alleged anti-government writings.

THE ASSOCIATED PRESS

China conclave

Communist officials embrace social media

During China's last party congress, officials didn't know a hashtag from a hyperlink. But five years on, they have embraced social media with unprecedented enthusiasm, hoping it can stir up excitement about the staid party meeting this week.

Dozens of delegates are using social media to post about party leader Hu Jintao's reading of highlights from the party work report. But it is also being used by the public to poke fun at the propaganda. THE ASSOCIATED PRESS

Ottawa projects $5B deficit increase

Fall update. Weak global economy means bottom line this fiscal year will be worse than expected, Flaherty says

Canada will miss its deficit targets in each of the next four years, because global economic weakness has carved into commodity prices and tax revenues, Finance Minister Jim Flaherty said Tuesday.

His fall economic update showed a bottom line worse than many expected, with the deficit this fiscal year at $26 billion, up $5 billion from the March budget forecast.

Flaherty also said it will take a year longer than predicted to balance the budget.

"Canada has clearly been affected by volatile and falling world commodity prices since the budget in late March," he said in notes for a speech to a Fredericton business audience.

"And the forecast of private sector economists is consistent with the view that world commodity prices will remain below the level anticipated at the time of the budget."

Because of the weakness, the government expects revenues to be on average $7.2 billion below what it had counted on in the budget during the five-year horizon period.

Flaherty made clear that he remains on track in keeping government costs down. Program expenses edge down as a percentage of the country's gross domestic product during the period.

But the numbers show the government can't overcome the lower revenues, which were first noticed in the final accounts of last year's budget period. They carry on this year and into future years.

THE CANADIAN PRESS

Market Minute

DOLLAR 99.81¢ (-0.06¢)

TSX 12,134.66 (-56.80)

OIL $85.38 US (-19¢)

GOLD $1,724.20 US (-$6.10)

Natural gas: $3.75 US (+18¢)
Dow Jones: 12,756.18 (-58.90)

By the numbers

$26B

Ottawa now projects its deficit will rise to $26 billion this fiscal year, which ends in March, as opposed to the predicted $21.1 billion. Going forward, the deficit is now projected at $16.5 billion next year, compared with the budget estimate of $10.2 billion, and $8.6 billion in 2014-15, as opposed to $1.3 billion.

If you thought the Canadian housing market was overheated...

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong, driven by ultra-low interest rates and an influx of wealthy mainland Chinese buyers. KIN CHEUNG/THE ASSOCIATED PRES

Newspapers

Quebecor cuts 500 Sun Media jobs

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

The cuts represent some 10 per cent of Sun Media's workforce and are part of an effort to reduce annual costs by $45 million.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs are slated to be eliminated as the company centralizes copy editing and pagination functions in Toronto. The guild represents some Sun employees.

Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston close, the guild added. THE CANADIAN PRESS

Winter's almost here and it's time to come up with an escape plan.

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IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All of these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And of course, they have their own reality TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? These channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea market hucksters and, now, preppers.)

Stockpiling survivalist theories

"What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook."

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City, (these guys are never from sane places like Minneapolis or Cleveland) is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns, so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that just because these people are crazy, doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, ex-California governor Arnold Schwarzenegger and ex-Canadian sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

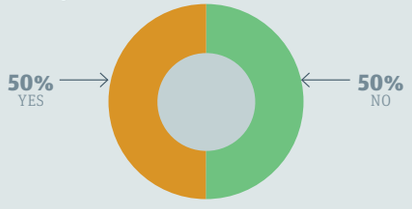
The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Did you attend a Remembrance Day ceremony?



Twitter

@justicesonny: just want it to be the weeekend already ! #London #WesternU

@bingschinahouse: Happy Diwali! Hope this year shines the biggest and brightest for you and your families. #diwali #ldnont

@eShepperd: Movember 13: skin becoming raw from shaving non-beard portion of face. Haven't shaved this much in years!

@smhblogTim: Twitterverse: looking for clever biz names for a personal shopper service, please respond/RT. Aaaaaand GO! #ldnont #LdnOn #londonontario

@RamblesOfALady: Who goes through Tim Hortons drive through and just orders a small chocolate milk? C'mon! There's variety stores for that. #lazy

metro
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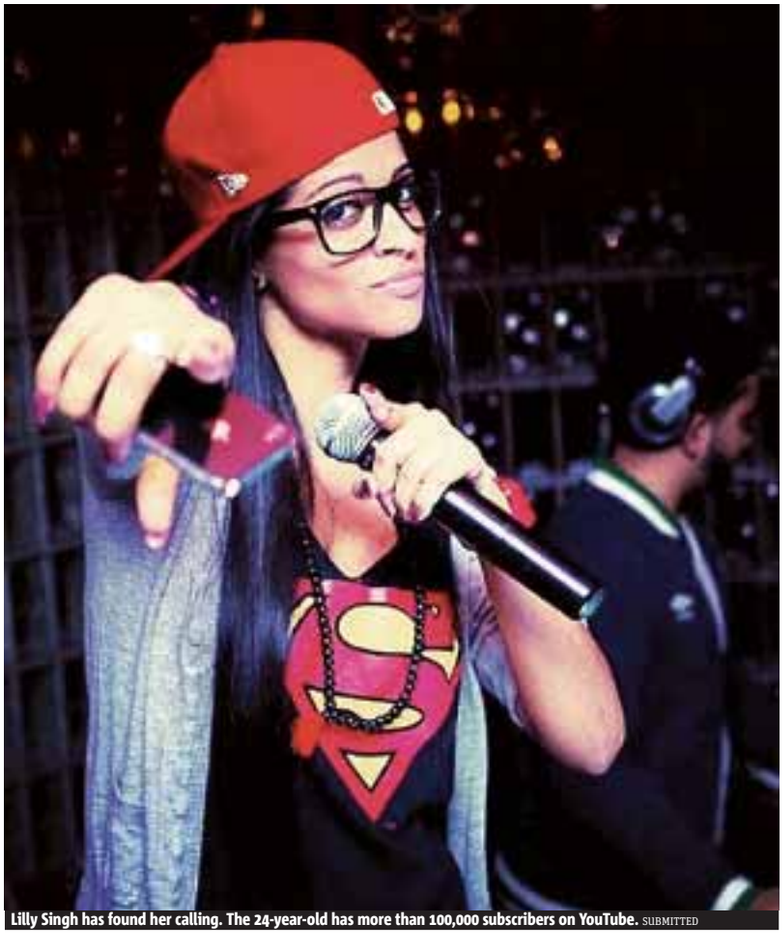
Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca



Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos … Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

Robert Schwartzman: Doing whatever suits him

Robert Schwartzman doesn't know where he is, artistically speaking that is. Geographically, he seems aware of his location.

He's in L.A., having just arrived home from Qatar, where he was working on a film shoot. He's about to leave for East Coast dates for his solo album, Double Capricorn.

But, artistically speaking, the musician/actor and Rooney frontman is floating — just a bit. "I'm figuring out what I want to do with all this stuff," he says of acting, film scoring and the pop music he continues to record. "In a good way! It's all over the place. I'm happy that it's not defined.

Robert Schwartzman
ADAM BETTCHER/GETTY IMAGES

I can play around with different things." Schwartzman insists that his power pop project — the band known as Rooney — are not disbanded, just on hiatus.

"I think of it like marrying your high school sweetheart. We were high school friends who formed a band and toured and experienced all these things together. We all reached a point where we were like, 'Let's take a second.' It seemed a healthy moment to collect ourselves."

Why not just take a break from music altogether?

"I don't know if I can. I can't get too far away from it," says Schwartzman. "Now I've had all this time to look at new opportunities — I've been pursuing that. I want to keep things fresh. I don't want same old-same old."

METRO BOSTON

Family discipline

Robert Schwartzman had acting roles in cousin Sofia Coppola's The Virgin Suicides and The Princess Diaries.

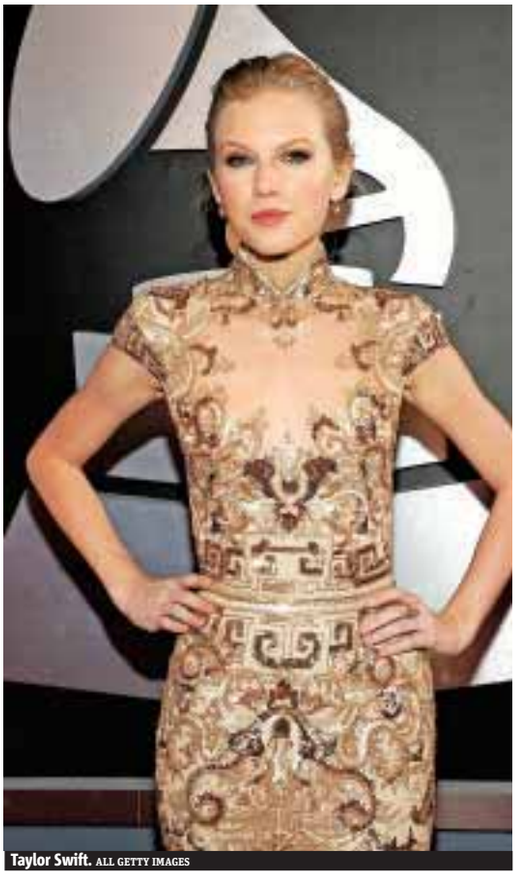
His uncle is Francis Ford Coppola, older bro Jason is Wes Anderson's go-to guy, their mom is actress Talia Shire (The Godfather and Rocky) and his dad was a producer.

Yeah, he grew up in a showbiz family.

"From a bird's eye view, it looks like that. … But I was all about music and movies. I love movies and acting, when the project is right. My mother would make us watch these great movies, force us to watch Clockwork Orange-style," Schwartzman jokes. "I couldn't close my eyes for three days."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Taylor Swift. ALL GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

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The Word

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop.

Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Emma Stone

Emma Stone officiates wedding for her publicist, director

Emma Stone may not be ready to talk marriage with Andrew Garfield, but she's definitely up for helping friends get hitched.

The Amazing Spider-Man star officiated the wedding of her publicist, Holly Shakoor, to her Zombieland director, Ruben Fleischer, over the weekend in Ojai, Calif., according to Us Weekly.

"She was very eloquent and composed and didn't seem nervous at all," a source says. "(Shakoor and Fleischer) always credited Emma with them finding each other, so having her officiate the wedding was a no-brainer."

Also in attendance were Garfield, Sofia Vergara, Gabrielle Union and Christina Hendricks.

Barbara Walters

Lohan ditches Walters interview to go on Leno

Barbara Walters is "disappointed" that Lindsay Lohan's new PR team canceled their planned 20/20 interview — especially now that Lohan has announced she'll sit down with Jay Leno for the Tonight show next week.

"I think to go on Jay Leno and be adorable and amusing, there's still all the problems," Walters says on The View, adding that her chat with Lohan "would have been a wonderful interview. She could have set a lot of things straight. I think it could have helped her."

Twitter

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many American believe that Abraham Lincoln is the current president who just made a movie.

LIFE

5 spots to go wild

Want to see your favourite animal outside the zoo? Here are the best places to track down some of the world's most exciting beasts.

EMMA E. FORREST
Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity. aardvarksafaris.com.

2 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas. You'll also find whales, dolphins, penguins and seals along its 500 kilometres of shimmering coastline. southaustralia.com

3 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards. singita.com

4 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them. tourism.gov.my

5 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and spend a couple of days volunteering to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure as well as explore the reserve's stunning landscape. thechinaguide.com

DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

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To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

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SHOPPERS DRUG MART

Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side. **THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)**

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK

This recipe makes six dozen cookies. THE CANADIAN PRESS H/O

Pumpkin Almond Cookies. Pair them with coffee or a cup of hot chocolate

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

1. In a medium bowl, mix together flour, baking soda, salt and spices; set aside.

2. In bowl of an electric mixer, cream together butter, almond butter and sugars until light and fluffy. Add egg, pumpkin and vanilla and mix until just combined. On medium-low speed, add flour mixture until fully incorporated. Remove bowl from mixer and stir in almonds and chocolate chips.

3. Drop teaspoonfuls onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer cookies to a wire rack to cool completely. **THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA**

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The pink slip can be a colourful second chance

Grin after the goodbye. How to bounce back from a surprise layoff

JULIA WEST
life@metronews.ca

No matter how many stories you hear about downsizing and layoffs, you're never quite prepared when you're the one losing a job. There's nothing wrong with being shaken and shocked by the initial blow — it's all about how you get back on your feet that will make the difference in your career's trajectory.

Before you start feverishly editing your resumé and obsessing over job sites, take some time to process what happened.

Ricky Cohen, author of Risk to Succeed, suggests taking three weeks before making any big moves.

"During the first week a person should mourn his or her loss," explains Cohen. "The second week should be dedicated to an objective evaluation of where he stands, the lessons learned and the future opportunities. The third week should be one where a plan is developed with the components to ensure the greatest possibility of success."

This hurts — but if you didn't actually love the job, now is a good time to do some thinking. ISTOCK

During this time of reflection, it's a good idea to think about what excites you. If you're going to redirect the path of your career, now is a great time to do so.

"Ask yourself what you really want to do," says Josh Tolan, CEO of Spark Hire.

"Have you just stayed at your job because it was a steady paycheque or because you really loved what you were doing day in and day out? If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

When the time comes for you to start applying for a new position, try to remain positive.

"Attitude is everything during the job search," says Amit De, CEO and co-founder of Careerleaf.

"An unexpected layoff is certain to start a job search off in a less-than-positive direction. As a job seeker, it's important to remain positive, confident and prepared."

Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores. I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications. I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour. I respect every job and profession, but it's not my career interest.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

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Youth football

Local coach gets NFL Canada honours

Dave Hocking of London was named the winner of the 2012 NFL Canada youth coach of the year award Tuesday.

Hocking is a volunteer coach with two minor football teams as well as the junior squad at John Paul II Catholic Secondary School. He also founded a Cleats for Kids charity.

Hocking will be a guest of the NFL at this year's Vanier Cup celebrations in Toronto and honoured at the CIS All-Canadian banquet Nov. 21. A $5,000 donation of equipment will be awarded to the London Minor Football Association and John Paul II Catholic Secondary School. THE CANADIAN PRESS

MLB

Marlins, Jays pull blockbuster: Source

The Blue Jays were in the midst of a blockbuster trade with the Miami Marlins on Tuesday night.

Several reports — namely, from Fox Sports baseball columnists Ken Rosenthal and Jon Morosi — indicated as many as 12 players had been traded, with the Jays sending shortstops Yunel Escobar, Adeiny Hechavarria, pitcher Henderson Alvarez, as well as a trio of highly ranked prospects — Justin Nicolino, Jake Marisnick and Anthony DeSclafani — to Miami in exchange for starting pitchers Josh Johnson and Mark Buehrle, shortstop Jose Reyes, catcher John Buck and utility player Emilio Bonifacio. TORSTAR NEWS SERVICE

Josh Johnson GETTY IMAGES FILE

New CBA stalled by owners' complacency, Crosby says

Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh Penguins captain stood by his frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHL Players' Association.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years." THE CANADIAN PRESS

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet." THE CANADIAN PRESS

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‘With no particular place to go.’ Is the casual drive dead?

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. ISTOCK

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore? Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles? Are you gonna blow your whole 12-hour charge on some aimless car ride?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

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Corvette will be hard pushed to top this topless gem in 2014

Dream Car.
Corvette 427 convertible

MALCOLM GUNN
WheelbaseMedia.com

The Corvette 427 convertible is capable of over 300km/h. ALL IMAGES WHEELBASE

It can reach 96km/h from zero in 3.8 seconds and has a sleek side profile.

We've got a skinny latte at Chevrolet that takes the wraps off the next-generation Corvette at the North American International Auto Show in Detroit Mich., on Jan. 13. But this General Motors division is wrapping up the outgoing 'Vette in grand fashion with the 427 Convertible Collector Edition.

Whether the 427 actually achieves collector-car status is really up to buyers and, likely, two or three decades of time, but this Corvette will be much sought-after for being the most powerful production roadster to wear the crossed-flags logo.

These days, the Corvette, Chevy Camaro and other iconic marques pay homage to their storied pasts by providing thoroughly modern content. The 427 owes its name to the last of the so-called second-generation C2 Corvettes (1963-'67) that were available with 427 cubic-inch (7.0-litre) V8s and up to 435 horsepower.

Chevrolet re-introduced that particular engine displacement for the 2006 model year in the Corvette Z06. It continues to produce 505 horsepower and 470 pound-feet of torque and has until now been available strictly in coupes. For the Corvette's diamond anniversary, the LS7 and its accompanying rear-mounted six-speed manual gearbox can be had for the first and last time in the current (C6) convertible body style.

The LS7 is remarkable not only for its prodigious output, but for how it achieves its potency. The engine is hand-assembled at GM's Wixom, Mich., Performance Build Center and uses special cylinder heads, intake valves, titanium connecting rods and other key ingredients originally developed in conjunction with the Corvette road-racing program.

It has the largest displacement of any Corvette engine, but not the most power. The ZR1 gets that honour, but with a 6.2-litre V8 topped with a supercharger.

The 7.0/427 also features dry-sump lubrication — essentially an external oil reservoir — that keeps oil flowing even during high cornering and braking loads.

The exhaust gasses exit through dual-stage mufflers that open up more when you tromp the gas. The system is optional on base Corvettes.

Chevrolet claims the 1,520-kilogram Corvette 427 can streak to 96 km/h from zero in 3.8 seconds and is capable of a top speed somewhere north of 300 km/h. It can also achieve up to 1.04 Gs in lateral acceleration, assisted by a set of Michelin PS2 tires mounted on ZR1-sized 19x10-inch alloy wheels in front and 20x12s at the rear.

These performance numbers would be impressive on nearly any high-performance machine you can think of, at any price.

To maximize ride and handling, the 427 comes with Magnetic Selective Ride Control.

The system includes special shock dampers that adjust their settings up to 1,000 times per second, according to road conditions and driver input. In this regard, the 427 might be better than the Z06 since magnetic ride does not come standard in that model. The 427 also includes the Z06's larger brakes.

Outwardly, the 427 gets numerous design cues borrowed from the Z06, such as wider front carbon-fibre fenders. Out back are the Z06's wider fenders (7.5 centimetres wider overall) and the supercharged ZR1's spoiler.

The first of three 427 trim levels carries a full load of standard equipment, including keyless push-button start, premium Bose audio system and voice-controlled navigation. Optional are heated leather-covered seats, power-adjustable steering column and a power-folding top.

Various option packages add fancier machine-faced wheels, carbon fibre front spoiler, hood and rocker panels, and 60th anniversary branding displayed all over the vehicle.

But easily the most intriguing option is the Engine Build Experience. For about $5,800 US, you get to assemble your very own 427 engine right on the shop floor, with Chevrolet's engine-building pros looking over your shoulder, of course.

At a $93,900 starting price, the 427 is the most expensive convertible that Chevrolet has ever constructed, but it's a steal of a deal compared with more outrageously priced, extra-quick hardware.

It also proves that Corvette ranks as one of the world's quickest and most capable of sports cars. It's hard to imagine how the all-new 2014 version will move the needle, but we can't wait to find out.

Points to note

- **Differences.** There are several reasons the 427 can't technically be called a Z06 convertible. For example, it doesn't use the Z06's aluminum frame rails. Instead, think of the 427 as a Grand Sport convertible with a better engine. Along for the ride are the Z06's larger brakes.
- **Model mix.** The 427 convertible blends several models of Corvette to end up with a fast, capable and good-looking package. It's the closest you'll get to a Z06 convertible and adds the excellent magnetic ride control from the ZR1, which is optional for the Z06.

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THE ATTORNEYS FOR THE CLASS ACTION:
SYLVESTRE FAFARD PAINCHAUD
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Your in-car concierge

Driving Force.
2013 Infiniti JX is first to offer unique 'luxury segment' service

JIL MCINTOSH
drive@metronews.ca

The Infiniti JX comes complete with a concierge who is just a call or email away. HANDOUT

As fancy as some cars are, there's always a limit. Buyers in the premium segment naturally want luxury and technology, but automakers have to balance several factors, including the cost, what technology is available, and if it can be integrated into a vehicle.

Perception is also a major factor in this field. Buyers have to use and like the features, and feel there is value in them.

In recent years, auto companies have put a premium on time and convenience. Today, some of the hottest "must-have" features are ones that make the vehicle an extension of the driver's itinerary, such as those that let an owner integrate a smartphone and the applications he or she already uses.

Infiniti has taken this a step further with its new Infiniti Personal Assistant, or IPA, which is standard on every 2013 Infiniti model. The owner is given a toll-free number that connects to a "personal concierge," who identifies him through his phone number. The operator will answer just about any request, from hotel reservations and directory assistance, to sports scores, stock market updates, weather forecasts, and more.

"We are the first automotive manufacturer in Canada to offer this," says Michael Kopke, chief marketing manager for Infiniti. "You actually get a human being. You're not hitting 'one' for this and 'two' for that.

"It could be as simple as booking a restaurant or ordering flowers, but when we tested it before launching, we had IPA help with sourcing a refrigerator at the best price and the location to find it."

The service is unusual in that it can be accessed anywhere by telephone, rather than only through the vehicle itself (it will work on a phone paired to the car, of course). While the call connects to a U.S. centre, and information can be obtained for just about anything worldwide, calls from Canada are answered in English or French, and information is Canadian-specific when required.

Depending on the request, answers can be given right away, or sent as a text message or email. Links are included so information can be downloaded into smartphones, such as a Google map or a company's website.

"It's part of being participatory in the luxury segment," Kopke says.

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Horoscopes

♈ Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

♉ Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

♊ Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

♋ Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

♌ Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

♍ Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

♏ Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

♐ Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

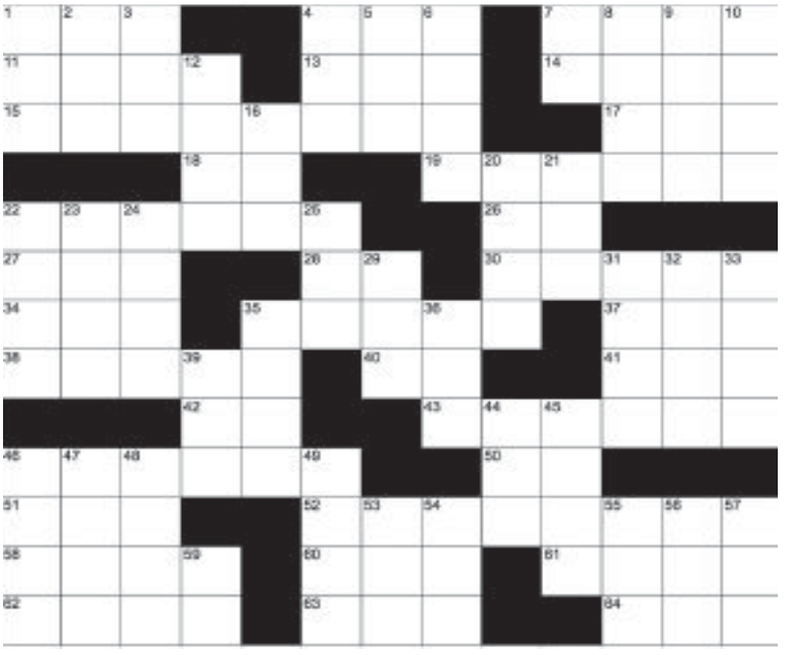
♑ Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

♒ Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

♓ Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



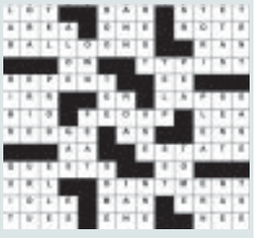
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku

7	9	2	6	4	5	3	1	8
6	1	4	3	8	2	9	7	5
5	8	3	7	1	9	6	2	4
1	6	5	2	7	8	4	9	3
3	7	8	4	9	1	2	5	6
4	2	9	5	6	3	7	8	1
8	4	7	1	2	6	5	3	9
2	3	1	9	5	4	8	6	7
9	5	6	8	3	7	1	4	2

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